

Positive Alternatives 2016 - 17 Quarterly Update

Grantee (Name and city): Life Care Center East, St. Paul

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Goal: To provide positive alternatives to abortion to pregnant and parenting women in the East St. Paul and surrounding areas

For the period/quarter: Quarter 1 June 20-September 30th 2016

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Provide ongoing guidance, assessment and supervision to grant staff Complete grant forms Track grant budget Attend required grant meetings		Since this is my first Quarter as the Executive Director, I have posted job openings for Life Coaches and Nurses to fill open positions in our staff. I have learned how to complete grant forms and understand the requirements of the grant including expenses and deadlines. And I have also been given guidance by other executive directors and by Mary Ottman as well.	
Outreach	Advertise the clinic and its services to the community by using bus bench or billboard ads.		We have utilized part of our outreach budget for a large, blue, vinyl banner that hangs on the football field fence at Tartan Senior High School in Oakdale. It is receiving attention from both teams during games and practices of football, soccer, and cross country.	
Crib Distribution/ Sleep Safety Education	Provide Safe Sleep Education	8	We have a prenatal client that completed the safe sleep program and received a pack n play through Cradle of Hope. She watched the video with her partner and afterwards was so grateful for the information to help keep her baby safe, since she had never heard it before.	11

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Life-Skills Education Program	Provide education on subjects such as: Budgeting Relationship building	12	Through using our Life Coaching skills and questions, we were able to allow this woman to identify her relationship with her current partner as toxic. By understanding the relationship, she was able to make a plan to create her own identity separate from her partners and realize she is worthy of a partner that identifies with her and her values.	49
Nutrition	Provide prenatal vitamins to clients having ultrasounds Staff will provide education on prenatal nutrition and prenatal vitamins	30	We met a cute couple this quarter that the women did not any speak English, so her husband translated every part of the pregnancy test and counseling for her. When it came time to talk about prenatal vitamins, I had to demonstrate how to swallow the pill with water. The husband was so grateful for us to explain why she should take them and how since they had no idea that she should be taking prenatal vitamins.	35
Parenting Education	Provide Prenatal and Parenting Education including topics such as: Infant Care Discipline Happiest Baby Finding Appropriate Childcare Program participants can earn baby items as incentives.	12	Through our breastfeeding videos and education, we have introduced this concept to so many clients that had never known how to breastfeed or were not successful the first time. One of our clients was determined to breastfeed for this pregnancy since she was unable with her last child due to complications at birth. So she studied every week and asked great questions. When the day came, she was so excited that her son latched on and she has been breastfeeding for 3 months now.	50
Pregnancy Education	Nurses will do initial education on Alcohol/ Drug cessation, importance of prenatal vitamins and early entrance into prenatal care. Referrals for prenatal care will be given with specific contact	20	We have a group of women that are all friends that come every week for education since all their pregnancies are within the same time frame. This all started with one person who loved our classes so much, she started to bring one friend at a time until the group reached 4. Since only one understands English really well, she translates and the conversations that have come out of that group have been amazing. They are learning so much.	56

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	information Clients who need additional support or do not currently have prenatal care will be referred to our own prenatal program Prenatal Education Classes, Childbirth Education Classes, One-on-One Education			
Pregnancy Testing	Provide program eligibility assessment, pregnancy counseling and testing.	40	We are finding that more and more women are taking home tests usually from the dollar store and having different readings for each test. After they come to us, they have the peace of mind that our tests are medical grade and the pregnancy will be confirmed with an ultrasound.	67
Prenatal Care	Provide prenatal care	7	We have been able to provide additional prenatal nurse education with each client in addition to the doctor visits. This additional education has been beneficial in diagnosing stress, depression, and anxiety as well as success in newborn care.	27
Provide Necessary Services to all clients	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	40	We were able to provide women in our community with the necessary services such as a pregnancy test, limited ultrasound, or education at the time of need. By asking powerful questions during the intake we were also able to identify additional needs such as housing, food shelf, and GED referrals.	80

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Provide Necessary Services Assessments Only	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services		We were unable to serve these women with our services and referrals. Their requests were out of the scope of our services such as car seats and abortions.	25

Maternal and Child Health Initiative Task Force Strategies				No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>				0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>				67
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>				67
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>				67
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>				11
<i>Number of women who received sleep safety education only from a PA funded program activity</i>				67
Ultrasound	Provide ultrasounds, abortion alternatives education and counseling.	30	We had a client come back for a second ultrasound, since she was still undecided, and after seeing her baby and the heartbeat for the second time, she decided to join our prenatal program and continue her pregnancy here at the clinic.	39

Challenges:

Comments:

We do not have a car seat program in place.